White. 1640.

A New Almanacke and Prognostication, for the yeere of our Lord God, 1640.

Being the Bissextile or Leap-yeare.

Calculated for the Meridian of the most Honourable Citie of LONDON, and will serve generally for the Monarchy of Great BRITAINE.

By JOHN WHITE, Wellwiller to the Mathemat.

LONDON.
Imprinted by F. K. for the Company of STATIONERS.

The common Notes and moveable Feast
for this present Yeere 1640. According to

The Accompt in England.		The Accompt beyond Sea
7	The golden number	7
25	The Circle of the Sun	25
17	The Epact	
D D	The Dominicall letters	A
8	The Roman Indiction	8
16 Febzuary	Shzove Sunday	Febzuary 16
5 Aprll	Easter day	Aprll 5
10 May	Rogation Sunday	May 10
14 May	Ascention day	May 14
24 May	Whitsunday	May 24
29 November	Advent Sunday.	December 29

Physicall Elections.

Take { Vomits, Glisters, Gargarismes, Preparatives, Stop Rhumes and Fluxes, Purge by neesing } { The Moon or Signe in } ☌ ♍ ☍ ♏ ☌ ♋

Fit times for blood-letting.

The Sanguine from the new moone to the first quar
The Cholericke, from the first quarter to the full.
The Flegmaticke, from the full to the last quarter.
The Melancholy, from the last quarter to the chan

Dangerous times for blood-letting.

In the heate of Summer, or cold of Winter, or w
the Moone is in the Signe which goverueth that
of the body you would let blood; Also within two da
of the change, or full of the Moone.

The beginning and ending of the Termes, with their Returnes and Essoyne dayes, dayes of Exception, Returna brevium and dayes of Appearance, for this yeere, 1640.

Returne dayes, or dayes of Essoyne.	Dayes of Exception.	Returna Brevium.	Dayes of Appearãce.
Hillary Terme beginneth the 23. of January, and endeth the 12. of February, and hath foure Returnes.			
Octa.Hillar. Ianu.20	Ianua. 21	Ianua. 22	Ianua.23
Quind.Hillar. Ianu.27	Ianua. 28	Ianua.29	Ianua.30
Craſt.Purif. Febr.3	Febr. 4	Febr.5.	Febr.6
Octa.Purif. Febr.10	Febr.10	Febr.11	Febr.12
Easter Terme beginneth the 22. of April, and endeth the 18. of May, and hath five Returnes.			
Quind.Paſch. April 20	April 20	April 21	April 22
Octa Paſch. April 27	April 27	April 28	April 29
Craſe Paſch. May 4	May 5	May 6	May 7
Octa; Paſc. May 11	May 12	May 13	May 15
Craſt. Aſcen. May 15	May 16	May 17	May 17
Trinitie Terme beginneth the 5. of June, and endeth the 24. of June, and hath foure Returnes.			
Craſt. Trin. June 1	June 2	June 3	June 4
Octa. Trin. June 8	June 9	June 10	June 11
Quind.Trin. June 15	June 16	June 17	June 18
Octa Trin. June 22	June 23	June 24	June 24
Michaelmas Terme beginneth the 9. of October, and endeth the 28. of November, and hath 8. Returnes.			
Octab.Mich. Octob. 6	Octob. 7	Octob. 8	Octob. 9
Quind.Mich. Octo.13	Octob. 14	Octob. 15	Octob. 16
Octa Mich. Octo. 20	Octob. 21	Octob. 22	Octob. 23
Craſe Mich. Octo.27	Octob. 28	Octob. 29	Octob. 30
Octa.Anima. Novẽ.2	Novem. 3	Novem.4	Novem. 5
Octa.Mart. Novẽ.12	Novem.13	Novem.14	Novem.16
Octab.Mart. Novẽ.18	Novem.19	Novem.20	Novem.21
Quind.Mart. Novẽ.25	Novem.26	Novem.27	Novem.28

The Anatomy of Mans Body, as the parts thereof are governed by the 12. Celestiall Signes.

Aries, Head and Face.

Taurus, Necke and throate.
Cancer, Breast, stomack, and ribs.
Virgo, Bowels, and belly
Scorpio Secret members
Capricorn Knees.

Gemini Armes shoulder
Leo, Heart back.
Libra, Reines loynes.
Sagittari Thigh
Aquari Legs.

Pisces, the Feet.

Bold fierce Aries ruleth Head and Face,
In Necke and Throate doth Taurus challenge pla
The twining Gemini's, goberne Armes and Hands
The Brest and Stomacke Cancer she commands
Then lusty Leo hath the Backe and Heart,
Bowels and Belly they are Virgo's part:
In Loynes and Reynes is Libra's liberties,
And Scorpio rules the Stones and Privities.
The Thighes and Hanch is Sagittarius fang,
And both the Knees to Capricorne belong:
Aquarius makes the Legges much aches feele,
And Pisces rules the Feete from Toe to Heele.

January hath xxxj. dayes.

Warme meates and clothes this month are good,
Take heed of Bathes and letting blood.

Day Sun riseth at 8. and 1. min. sets at 3. and 59. min.
Day Sun riseth at 7. and 43. min. sets at 4. and 17. min

New yeers d.	Belly and bowels.		11	d
Oct. Steph.			12	e
Oct. John	Loines and reines.		13	f
Oct. Innoc.			14	g
Edward dep.	Secrets & bladder.		15	A
Twelfe day	Thighes and hanches.	☾ Last quarter the 5. day, at 11. clocke at night.	16	b
Felix & Jam.			17	c
Lucian	Knees.		18	d
Joyce virg.	Knees.		19	e
Paul 1. her.	Knees.		20	f
Sol in Aquar.			21	g
Wed. comes in	Legges.		22	A
Hillary bish.	Legges.	● New Moone the 13. day, at 1. of the clocke in the morning.	23	b
Felix pri.	Feete.		24	c
Maurice Abb	Feete.		25	d
Marcel. bish.	Feete.		26	e
Anthony dep.	Head and face.		27	f
Prisca virg.			28	g
Wolstan bish.	Necke and throate.	☽ First quarter the 21. day, halfe an houre past 7. of the clocke in the morning.	29	A
Fab. & Seb.			30	b
Agnes virg.	Armes and hands.		31	c
Vincent mar.			1	d
Terme begin.	Breast and stomacke.		2	e
Timothy bish.			3	f
Conv. of Paul	Heart and backe.		4	g
Policarp. bish.		○ Full Moone the 28. day, a quarter of an houre past 2. of the clocke afternoone.	5	A
Agnes the 2.	Belly and bowels.		6	b
Valerius bish			7	c
Theodo. pr.			8	d
Batild. Qu.			9	e
Saturnine			10	f

February hath xxix. dayes.

Milke, Herbes and Fenniſh fowle deny;
Purge not, nor uſe Phlebotomie.

1. Day Sun riſeth at 7. and 13. min. ſets at 4. and 47.
15. Day Sun riſeth at 6. and 26. min. ſets at 5. and 14.

1	d	Bridget fast.	Loines and	
2	e	Purific. Mary	reines.	
3	f	Med. goes out	Secrets &	
4	g	Gilbert bish.	bladder.	☾
5	a	Agathe vir.	Thighes &	Last quarter
6	b	Dozothe vir.	hanches.	the 4. day,
7	c	Angule bi.	Knees.	three quar=
8	d	Paul bish.	Knees.	ters past 8. in
9	e	Sexagesima	Legges.	the morning.
10	f	Sol in Pisces	Legges.	
11	g	Sotheris	Legges.	●
12	a	Terms ends	Feete.	New Moone
13	b	Wolfran	Feete.	the 11. day,
14	c	Valentine	Head	halfe an houre
15	d	Faustin & Jo.	and	past 5. in the
16	e	Shrove sund.	face.	evening.
17	f	Samuel	Necke and	☽
18	g	Hugh bish.	throate.	First quarter
19	a	Ashwednesday	Armes and	the 19. day, at
20	b	Wilfred	hands.	9. at night.
21	c	79 Martyrs	Breast	
22	d	Peters chaire	and	
23	e	Quadragesima	stomacke.	
24	f	Invent. Paul	Heart and	
25	g	S. Mathias	backe.	●
26	a	Ember week	Belly and	Full Moone
27	b	Augustine bi.	bowels:	the 28. day, at
28	c	Oswald bish.	Loines and	1. in the mor=
29	d	Romanus	reines.	ning.

S. Mathias falleth on the 25 day of this moneth
it is Leape=yeere, the other 3. yeeres on the 24.

March hath xxxj. dayes.

Groſſe meates doe hurt, uſe foode that's fine.
Let blood, and take ſome medecine.

1. Day Sun riſeth at 6. and 18. min. ſets at 5. and 42. min.
31. Day Sun riſeth at 5. and 50. min. ſets at 6. and 10. min.

D	David biſhop	Secrets & bladder.		11 G
E	Thad biſhop	Thighes & hanches.		12 a
F	Maurice	Knees.		13 b
G	Azian	Knees.		14 c
A	Focas & Eu	Legges.	☾ Laſt quarter the 4. day, at 4. in the after-noone.	15 d
B	Victor & Mic.	Legges.		16 e
C	Perpetue	Legges.		17 f
D	Felix Mart.	Feete.		18 G
E	40. Martyrs	Feete.		19 a
F	Agapite	Head and face.		20 b
G	Sol in Aries	Necke and throate.		21 c
A	Gregory	Armes and hands.		22 d
B	Theodore	Breaſt and ſtomacke.	● New Moone the 12. day, 3. quarters paſt 10. before noone.	23 e
C	Candide	Heart and backe.		24 f
D	Longine	Belly and bowels.		25 G
E	Boniface bi.	Loines and reines.		26 a
F	Patricke	Secrets & bladder.		27 b
G	& Edward	Thighes & hanches.		28 c
A	Joſ. Ma. huſ.			29 d
B	Cutbert		☽ Firſt quarter the 19. day, at 2. after-noone.	30 e
C	Benedict			31 f
D	Aſradoſe			1 G
E	Theodore			2
F	Agapite			3
G	Annunc. Mary			4 c
A	Caſtor mart.			5 d
B	Int Reg. Caro		● Full Moone the 27. day, a quarter paſt 10. in the morning.	6 e
C	Dorothie			7 f
D	Quintine			8 G
E	Quirine			9 a
F	Adelme biſh.			10 b

April hath xxx. Dayes.

The blood being hot, coole hearbes now use,
And March his precepts not refuse.

1. Day Sun riseth at 5. and 16. min. sets at 6. and 44. min
15. Day Sun riseth at 4. and 51. min. sets at 7. and 9. min

1	g	Gildard	Knees.	
2	a	Mary Egypt	Knees.	
3	b	Richard bish.	Knees.	☾
4	c	Ambrose bish.	Legges.	Last quarter
5	D	Easter day	Legges.	the 3. day, at
6	e	Sextus bish.	Feete.	3. in the mor=
7	f	Euphemie	Feete.	ning.
8	g	Egesippus	Feete.	
9	a	Perpetuus	Head and	
10	b	Sol in Taurus	face.	
11	c	Guthlate	Necke	●
12	D	Med. coms in	and	New Moone
13	e	Zenon bish.	throate.	the 11. day,
14	f	Olyffe	Armes and	at 4. in the
15	g	Oswald arch.	hands.	morning.
16	a	Isidore bish.	Breast	
17	b	Anicete	and	
18	c	Elutheri. bish	stomacke.	
19	D	Alphege	Heart and	☽
20	e	Victor bish.	backe.	First quarter
21	f	Simeon	Belly and	the 19. day,
22	g	Terme begi.	bowels.	at 3. in the
	a	H. George	Loines and	morning.
	b	Wilfride	reines.	
25	c	S. Marke Evan	Secrets &	
26	D	Clete	bladder.	●
27	e	Anastasius	Thighes &	Full Moone
28	f	Vitalis	hanches.	the 26. day, a
29	g	Peter mil.	Knees.	quarter past
30	a	Erkenwald.	Knees.	6. in the mor=
				ning.

May hath xxxj. Dayes.

Put Sage in drinke, drinke Worme-wood-wine,
Use Physickes helpe, walke mornings fine.

1. Day Sun riseth at 4. and 23. min. sets at 7. and 37. min.
15. Day Sun riseth at 4. and 4. min. sets at 7. and 56. min.

1	b	Phil. & Jacob	Legges.		11	e
2	c	Athanasius	Legges.	☾	12	f
3	D	Inven. Crosse	Feete.	Last quarter the 2. day, a quarter past 4. in the after=noone.	13	G
4	e	Christopher	Feete.		14	a
5	f	Goddard	Feete.		15	b
6	g	John port. lat	Head and face.		16	c
7	a	John Beverl			17	d
8	b	Appa. Mich.	Necke and throate.		18	e
9	c	Transl. Mich.			19	f
10	D	Rogation tun.	Armes and hands.	● New Moone the 10. day, halfe an houre past 7. in the evening.	20	G
11	e	Med. goes out			21	a
12	f	Anthony			22	b
13	g	Gervat. fast.	Breast and stomacke.		23	c
14	a	Ascention day			24	d
15	b	Ember week			25	e
16	c	Brandon bish	Heart and backe.		26	f
17	D	Bernard tran			27	G
18	e	Terme ends	Bowels & belly.	☽ First quarter the 18. day, halfe an houre past 12. at noone.	28	a
19	f	Dunstan con.			29	b
20	g	Bernardine	Loines and reines.		30	c
21	a	Ellen Queen			31	d
22	b	Julian virg.	Secrets & bladder.		1	e
23	c	Desiderii fast			2	f
24	D	Whitsunday.	Thighes & hanches.		3	G
25	e	Adelme bish.		● Full Moone the 25. day, at 1. in the moz=ning.	4	a
26	f	Bede pr.	Knees.		5	b
27	g	Germane	Knees.		6	c
28	a	Cozone bish.	Feete.		7	d
29	b	Ember week	Feete.		8	e
30	c	Med. coms in	Feete.		9	f
31	D	Trinity sund.	Head		10	G

June hath xxx. Dayes.

Let Phyſicke goe, coole hearbes now take,
Sweete drinkes and Venus now forſake.

1. Day Sun riſeth at 3. and 50. min. ſets at 8. and 10. min.
15. Day Sun riſeth at 3. and 47. min. ſets at 8. and 13. min

1	c	Nichomede	Head		11	a	
2	f	Marcellus	and		12	b	
3	g	Eraſmus biſh	face.	Laſt quarter the 1. day, a quarter paſt 7. in the mor= ning.	13	c	
4	a	Corpus Chriſt	Necke		14	d	
5	b	Terme begins	and		15	e	
6	c	Melontus	throate.		16	f	
7	D	Moliſtane	Armes and		17	G	
8	e	Edmund tra.	hands.		18	a	
9	f	Medard & Gi	Breaſt and		19	b	
10	g	Iuan confeſ.	ſtomacke.	New Moone the 9. day, at 10. in the mor= ning.	20	c	
11	a	Barnabe ab.	Heart and		21	d	
12	b	☉ in Cancer	backe.		22	e	
13	c	Anthony con	Belly and		23	f	
14	D	Baſil biſhop	bowels.		24	G	
15	e	Modeſtus	Loines		25	a	
16	f	Tranſ. Rich.	and	First quarter the 16. day, at 6. in the afternoone.	26	b	
17	g	Botuiph	reines.		27	c	
18	a	Ereuperius	Secrets		28	d	
19	b	Granatius	and		29	e	
20	c	Ed. tranſ.	bladder.		30	f	
21	D	Malburge	Thighes &		1	G	
22	e	Alban Mar.	hanches.	Full Moone the 22. day, at halfe an houre paſt 11. before noone.	2	a	
23	f	Etheld. faſt.	Knees.		3	b	
24	g	S. John Bap.	Knees.		4	c	
25	a	Terme ends	Legges.		5	d	
26	b	John & Paul	Legges.		6	e	
27	c	Creſcence	Feete.		7	f	
28	D	Leonis faſt.	Feete.	Laſt quarter the 30 day, 3 quarters paſt midnight.	8	G	
29	e	S. Peter	Feete.		9	a	
30	f	Con. of Paul	Head		10	b	

July hath xxxj. dayes.

Uſe Sallets freſh to coole the heate,
And bath in Springs to cleanſe the ſweate.

1. Day Sun riſeth at 3. and 56. min. ſets at 8. and 4. min.
15. Day Sun riſeth at 4. and 12. min. ſets at 7. and 48. min.

1	g	Oct. Joh. Ba.	Face.		11	c
2	a	Milt. of Ma.	Necke and		12	d
3	b	Cran. Tho.	throate.		13	e
4	c	Martin tran.	Armes		14	f
5	D	Foe Virg.	and		15	G
6	e	Octa. of Pet.	hands.		16	a
7	f	Thomas tra.	Breaſt and		17	b
8	g	Grimbald	ſtomacke.		18	c
9	a	Ciril biſh.	Heart	New Moone	19	d
10	b	7. Brethren	and	the 8. day, a	20	e
11	c	Benedict	backe.	quarter paſt	21	f
12	D	Naboz & Fe.	Belly and	10. at night.	22	G
13	e	Sol in Leo	bowels.		23	a
14	f	Bonavent	Loines and		24	b
15	g	Swithin.	reines.		25	c
16	a	Osmond	Secrets &	First quarter	26	d
17	b	Kenelme	bladder.	the 15. day,	27	e
18	c	Arnulph	Thighes &	at 11. before	28	f
19	D	Dog. dat. beg.	hanches.	noone.	29	G
20	e	Margaret	Knees.		30	a
21	f	Praxed	Knees.		31	b
22	g	Mary Mag.	Legges.	Full Moone	1	c
23	a	Apoline	Legges.	the 22. day,	2	d
24	b	Chriſtin faſt.	Legges.	halfe an houre	3	e
25	c	S. James Ap.	Feete.	paſt 8. in the	4	f
26	D	An. Ma. mo.	Feete.	evening.	5	G
27	e	7. Sleepers	Head and		6	a
28	f	Sampſon bi.	face.	Laſt quarter	7	b
29	g	Felix & fel.	Necke	the 30. day,	8	c
30	a	Abdon	and	at 5. in the	9	d
31	b	Germane	throate	afternoone.	10	e

Auguſt hath xxxj. Dayes.

Fly Phyſicke and Phlebotomie,
Eſchew cold Bathes and Venerie.

1. Day Sun riſeth at 4. and 38. min. ſets at 7. and 22. min.
15. Day Sun riſeth at 5. and 4. min. ſets at 6. and 56. min.

1	c	Lammas day	Armes and		11	f
2	D	Steph. mar.	hands.		12	G
3	e	Inv. Steph.	Breaſt		13	a
4	f	Juſtin. pri.	and		14	b
5	g	Oſwald	ſtomacke.		15	c
6	a	Tranſl. Dom	Heart and		16	d
7	b	Feaſt of Jeſu	backe.	●	17	e
8	c	Ciracke	Belly and	New Moone	18	f
9	D	Roman mart.	bowels.	the 7. day,	19	G
10	e	Lawrence m.	Loines and	halfe an houre	20	a
11	f	Tiburt mar.	reines.	paſt 9. in the	21	b
12	g	Clare Virg.	Secrets &	morning.	22	c
13	a	Sol in Virgo	bladder.		23	d
14	b	Euſebius	Thighes &	☽	24	e
15	c	Aſſum. Mar.	hanches.	First quarter	25	f
16	D	Rochus mar.	Knees.	the 14. day,	26	G
17	e	Oct. Law.	Knees.	halfe an houre	27	a
18	f	Agapite	Knees.	paſt 3. in the	28	b
19	g	Magnus	Legges.	morning.	29	c
20	a	Lewes	Legges.	○	30	d
21	b	Bernard	Feete.	Full Moone	31	e
22	c	Sixtus	Feete.	the 21. day,	1	f
23	D	Timoth. faſt.	Feete.	at 9. of the	2	G
24	e	Barthol. Apoſt.	Head	clocke in the	3	a
25	f	Lodowicus	and	morning.	4	b
26	g	Severine	face.	☾	5	c
27	a	Ruffinus	Necke and	Laſt quarter	6	d
28	b	Auguſtine bi.	throate.	the 29. day, 3.	7	e
29	c	Joh. dec. end	Armes and	quarters paſt	8	f
30	D	Felix & Audz.	hands.	12. before	9	G
31	e	Paulinus	Breaſt	noone.	10	a

September hath xxx. Dayes.

Now drinke Goates milke, on ripe fruits feede; (If neede require) Purge, Bath and Bleed.

1. Day Sun riseth at 5. and 37. min. sets at 6. and 23. min.
15. Day Sun riseth at 6. and 4. min. sets at 5. and 56. min.

1	f	Giles Abbat	Stomacke.		11	b	
2	g	Anthony	Heart and		12	c	
3	a	Gregory	backe.		13	d	
4	b	Cutburt	Belly and		14	e	
5	c	Bertine	bowels.		15	f	
6	D	Eugenius	Loines and	● New Moone	16	G	
7	e	Emurcius	reines.	the 5. day, at	17	a	
8	f	Nat. of Mary	Secrets &	7. at night.	18	b	
9	g	Gorgonius	bladder.		19	c	
10	a	Stivius	Thighes		20	d	
11	b	Prothus	and		21	e	
12	c	Martian	hanches.		22	f	
13	D	Sol in Libra	Knees.	☽ First quarter	23	G	
14	e	Holy Crosse	Knees.	the 12. day, at	24	a	
15	f	Oct. Mary	Legges.	12. at noone.	25	b	
16	g	Ember weeke	Legges.		26	c	
17	a	Hugh	Feete.		27	d	
18	b	Victor & Cor.	Feete.		28	e	
19	c	January ma.	Head	○ Full Moone	29	f	
20	D	Eustace fast.	and	the 19. day,	30	G	
21	e	S. Mathew Ap	face.	halfe an houre	1	a	
22	f	Mauricius	Necke	past 12. at	2	b	
23	g	Tecla vir.	and	midnight.	3	c	
24	a	Andoche	throate.		4	d	
25	b	Fermin	Armes and		5	e	
26	c	Cyprian	hands.		6	f	
27	D	Cosm. & Da.	Brest and	☾ Last quarter	7	G	
28	e	Exeupe.	stomacke.	the 28. day, 3.	8	a	
29	f	Michael Arch.	Heart and	quarters past	9	b	
30	g	Hierome pr.	backe.	3. in the morning.	10	c	

October hath xxxj. Dayes.

Strong Wine, hot Bathes, and ſpice that's good,
Preſerves our health; purge, and let blood.

1. Day Sun riſeth at 6. and 36. min. ſets at 5. and 24. min
15 Day Sun riſeth at 7. and 2. min. ſets at 4. and 57. mi

1	a	Remigius	Backe		11
2	b	Leodegarius	Belly and bowels.		12
3	c	Candide			13
4	D	Francis	Loines and reines.		14
5	e	Apolinary			15
6	f	Faith virg.	Secrets & bladder.	New Moone the 5. day, halfe an houre paſt 5. in the morning.	16
7	g	Marc. & Mar.			17
8	a	Pelagius	Thighes & hanches.		18
9	b	Terme begins			19
10	c	Gereon & M.	Knees.		20
11	D	Nicasius	Knees.		21
12	e	Wilfride	Legges.	First quarter the 11. day, halfe an houre paſt 7. at night.	22
13	f	Sol in Scorpio	Legges.		23
14	g	Calipius	Feete.		24
15	a	Wolfran	Feete.		25
16	b	Michaelmon.	Feete.		26
17	c	Etheldred	Head and face.		27
18	D	S. Luke Evang			28
19	e	Frideſwide			29
20	f	Aſtrebert	Necke and throate.	Full Moone the 19. day, 3. quarters paſt 4. in the afternoone.	30
21	g	11000. Virg.			31
22	a	Mary Sol.			1
23	b	Romanus	Armes and hands.		2
24	c	Magloire			3
25	D	Criſ. & Criſp.	Breaſt and ſtomacke		4
26	e	Vrſula			5
27	f	Florence faſt	Heart and backe.	Laſt quarter the 27. day, a quarter paſt 6 at night.	6
28	g	Simon & Jude			7
29	a	Narcissus	Bowels & belly.		8
30	b	Germane			9
31	c	Quintin. faſt.	Loines		10

November hath xxx. Dayes.

From cold preserve thy head and feete,
Abstaine from wine that's new and sweete.

1. Day Sun riseth at 7. and 34. min. sets at 4. and 26. min.
15. Day Sun riseth at 7. and 55. min. sets at 4. and 5. min.

D	All Saints	Reines.		11	G
e	All Soules	Secrets &		12	a
f	Winifride	bladder.		13	b
g	Amantius	Thighes &	●	14	c
a	Powder Trea.	hanches.	New Moone	15	d
b	Leonard	Knees.	the 3. day, at	16	e
c	Willbrode	Knees.	2. afternoone.	17	f
D	4. Crowned	Legges.		18	G
e	Theodore	Legges.		19	a
f	Martine	Legges.		20	b
g	Martine bish.	Feete.	☽	21	c
a	Sol in Sagit.	Feete.	First quarter	22	d
b	Otte	Head	the 10. day, 3.	23	e
c	Erken transl.	and	quarters past	24	f
D	Macute	face.	10. before	25	G
e	Edmund	Necke	noone.	26	a
f	S. Hugh.	and		27	b
g	Oct. Martine	throate.	●	28	c
a	Nat. K. Char.	Armes	Full Moone	29	d
b	Edmund	and	the 18. day,	30	e
c	Pres. of Ma.	hands.	at 11. before	1	f
D	Ceceli Virg.	Breast and	noone.	2	G
e	Clement	stomacke.		3	a
f	Grysogon	Heart and		4	b
g	Katherine	backe.		5	c
a	Linus bish.	Belly	☾	6	d
b	Agricola	and	Last quarter	7	e
c	Terme ends	bowels.	the 26. day, at	8	f
d	Advent sund.	Loines and	9. at night.	9	G
e	S. Andrew. Ap.	reines.		10	a
		Secrets			

December hath xxxi. Dayes.

Uſe meates that's warme, hot ſpice and wine,
Invite the Poore to ſup and dine.

1. Day Sun riſeth at 8. and 10. min. ſets at 3. and 50. m
15. Day Sun riſeth at 8. and 13. min. ſets at 3. and 47. m

1	f	Elegi. biſhop	Bladder.		11
2	g	Libanius ma.	Thighes &		12
3	a	Depo. of Ol.	hanches.		13
4	b	Barbara	Knees.	New Moone	14
5	c	Sabbe biſh.	Knees.	the 3. day,	15
6	D	Nicholas	Legges.	halfe an houre	16
7	e	Ambroſe	Legges.	paſt 12. in the	17
8	f	Conc. of Ma.	Feete.	morning.	18
9	g	Cyprian	Feete.		19
10	a	Eulalie	Head		20
11	b	Damaſe biſh.	and	First quarter	21
12	c	Sol in Capri.	face.	the 10. day, 3.	22
13	D	Lucie	Necke and	quarters paſt	23
14	e	Othelie	throate.	1. in the mor=	24
15	f	Valerius bi.	Armes	ning.	25
16	g	Ember weeke	and		26
17	a	Lazarus	hands.		27
18	b	Gratian biſh.	Breſt and		28
19	c	Venella virg.	ſtomacke.	Full Moone	29
20	D	Julian faſt.	Heart	the 18. day,	30
21	e	Thomas Apoſt.	and	at 6. in the	31
22	f	30. Martyrs	backe.	morning.	1
23	g	Victor virg.	Belly and		2
24	a	Candide faſt.	bowels.		3
25	b	Chriſtmas day	Loines and		4
26	c	S. Stephen	reines.		5
27	D	S. John Evan.	Secrets &	Laſt quarter	6
28	e	Innocents	bladder.	the 26. day, at	7
29	f	Thom. Becke.	Thighes &	3. in the mor=	8
30	g	James tranſ.	hanches.	ning.	9
31	a	Silveſter	Knees.		10

WHITE. 1640.

A Prognostication for this yeare of our Lord God. 1640.

Being the *Bissextile*, or Leape-yeare.

VVherein is conteyned the state *of the whole Yeare; the disposition of* each Quarter; and the Inclination of the Weather for euery Quarter of the Moone throughout the whole Yeare.

With the meeting of the Planets and the Moone; also Husbandry Aduertisments, *with other things fit to be known, both pleasant and profitable.*

And at the end of the booke, is the whole *Almanacke, conteyned in one Leafe, for this* Yeare 1640. which being cut out, is fit to be placed into a Table-Booke, Booke of Accompt, or other.

By *Iohn White*, Well-willer to the *Mathematicks*.

LONDON,
Printed for the Company of Stationers. 1640.

A Chronologie or Computation of yeeres to this present yeere. 1640.

Since the Creation of the World to this yeare	5585
Since the Flood	3993
Since London was built	2741
Since Yorke was built	2606
Since Rome was built	2391
Since the destruction of Ierusalem	1569
Since England first receiued the Christian Faith	1460
Since the Conquest of England by Duke William	574
Since S. Paules Church in London was built	554
Since London-bridge was built with stone	464
Since the first Lord Maior of London	449
Since the Order of the Knights of the Garter	296
Since the Invention of Gunnes	268
Since the Art of Printing was invented	180
Since King Henry the 8. conquered Bulloyne	97
Since the first vse of Coaches in England	85
Since the burning of Paules steeple	75
Since the Royall Exchange was built	72
Since the Earles rebellion in the North	71
Since the blasing Starre, and sharpe Winter	68
Since the Massacre in France	68
Since the whole Heauens seemed to burne with Fire	68
Since the former deepe Snow	61
Since the generall Earthquake	60
Since Tobacco was first vsed in England	59
Since the Campe at Tilbury in Essex	52
Since the greate Plague in London	37
Since the Gunpowder Treason	35
Since the former great Frost	33
Since the death of Prince Henrie	28
Since the former deepe Snow	27
Since the last Blasing-starre	23
Since his Maiesties returne from Spaine	17
Since the fall at Blackfryers	15
Since his Maiesties proclaiming	14
Since Prince Charles was borne.	11

A briefe Declaration of the Disposition of the foure Quarters of this Yeare,

And first of Winter.

The Winter Quarter best doth prophenate
To all Degrees, and Sexes, their estate.

Sol in Capricorne, Aquarius, Pisces.

THe Winter Quarter (as saith the ancient Astronomers) began the last yeare 1639. upon Thursday being the 12. of December; upon which day the Sun made his first entrance into the first degree of the Hyemal Signe of Capricorne, which Quarter doth end this yeare 1640. upon the 11. day of March, being Wednesday; in which space of time the Sun maketh his passage through these three Winterly Signes, Capricorne, Aquarius, and Pisces.

The naturall quality of this Quarter is to be cold and moyst, (of contrary quality to the Summer) and is of the Phlegmatick Complexion, which humor doth most predominat in our bodies from three of the Clocke in the afternoone, till 12. of the clocke at night. Now doe the sea-tost Mariners endure many a storme on the raging Ocean; the Windes are strong and high, making the billowes of the Sea to forke and swell: The Floods are at highest; the Ayre coldest, the Dayes shortest, and Nights longest, and the strength and vigour of every Creature decayeth. The pores of the Earth are now enclosed and shut up by the extreame coldnesse of the Ayre: Fowles get them to the warmest Regions, Beasts seeke for a shelter, Serpents betake them to their dennes, and the Fishes get into the deepest of the waters for their warmth and comfort: And whatsoever the cherefull Spring and comfortable Summer did produce and nourish, this Quarter doth destroy and vanish. The colder under the Winter is, it is the more wholesome for Man

and Beast: yet too much cold killeth Plants & Trees in a cold Climate: A moyst and warme Winter is an enemy to Nature, but a friend to Husbandry; and indifferent store of Snow doeth ranken the Earth, and preserveth Corne. Now for the preservation of our healths, it is fit that we should use such meats whose operation are of a hot and drie qualitie, expelling the cold & unwholsome ayre with good fires, warme Broathes, comfortable Drinks, and strong Wines: Being carefull to keep thy Head & Feet from cold & wet: But yet can the body digest more grosse and strong Meats then in Summer, by reason that the naturall heat is driven (by the coldnes of the ayre) into the inward parts of the body, to comfort the vitall Spirits, & to helpe digestion.

The usuall Diseases of this Quarter, are these (or the like) as Rhewmes, Coughes, Poles, Palsies, Gowtes, Agues, Sore Eyes, Cathars, Crampes, Tooth-ach, Sciaticaes, Flixes, &c.

Of the Second part of the Yeare called the Spring.

The Spring compared is to Infancy,
To spring and grow in Vertue till we dye.

Sol in Aries, Taurus, Gemini.

The Spring Quarter is the most comfortable of all the yeare, and taketh its beginning when the glorious and resplendant Sunne entreth into the first degree of the first Equinoctiall Signe Aries, which is upon Wednesday being the 21. of March, and continueth till Friday the 21. of June, in which space of time the Sunne maketh his revolution through these three Vernall Signes, Aries, Taurus, Gemini.

The proper condition of this Quarter is hot and moyst participating of the Sanguine complexion: which humour hath most predomination from nine a Clocke at night, till three of the Clocke in the morning. Now are the dayes and nights of an equall length, and the cheerfull Sunne seemes to smile upon the face of the new recovered Earth, causing it to produce all kinde of varieties to our Senses. This of all the other Quarters of the yeare, is the most pleasant and wholsome

me, it being the moſt conuenient time to remoone Diſeaſes of long continuance, and to preuent thoſe which are like to enſue. ow vſe the Birds of the ayre couple and breed, Beaſts of Earth increaſe, and the Fiſhes of the Waters doe multiply abundance, forſaking the deepe to liue in more ſhallowe pla- : And now the Earth bringeth forth all ſorts of Flowers, rbes, Fruites and Plants, for the needfull vſe of Man and ſt. The Spring ouer-wet increaſeth Weedes, cauſing uits to be ſcarce and rotten: It is fitting (for the preſeruation our healths) that we now vſe ſuch Meates as are of a colde dry qualitie; and let your Drinkes be more coole & ſmall n Winter: And now (if need require) is the beſt time to rge, Bathe, Bleede, and Sweat.

The vſuall Infirmities of this Quarter, are Small-pocks aſels, Scabbes, Puſhes in the face, Kings euill, Agues, mers, &c.

Of the third part of the Yeare, called Summer.

Like Man in his chiefe ſtate and luſty yeares,
The ripening Summer Quarter beſt appeares.

Sol in Cancer, Leo, Virgo.

The Summer Quarter doth beginne when the ſcorching Sun entereth into the firſt degree of the Northern Tro- of Cancer, which is vpon Friday the xii of June, and continue till Sunday the xiii. of September, in which of time hee paſſeth through theſe three Solſticial Signes, cer, Leo, Virgo.

The naturall condition of this Quarter is to be hot & dry, part of the Cholericke Complexion, which humour chiefely gouerne from 3. of the Clock in the morning, till ſome noone. Now is the Sunne at the higheſt, cauſing the to be at the longeſt, and nights ſhorteſt. Heate is at the t, floods at the loweſt, Seas moſt quiet, and the Winds aſme: And now is the fruitfull Earth cloathed in her embroydery, imparting of her ſtore to all ſenſible Crea-

tures for their vse and comfort: Flowers are in their beautie and Fruits in their delicacie; and the painefull Bees gathe their Honey for their future sustenance: Now naturall heate is dispersed abroad vnto the outward parts of the Body, & Man is not so hot within as in Winter, neither can hee digest suc grosse and strong Meates, as then; yet the most small an coole Drinkes are most conuenient for our healths, and litt store of Meates doeth best suffice Nature, and those which be boyled are most wholesome, and vse such things as are of cold and moyst qualitie: An ouer-wett Summer rotte Fruite, and destroyeth Corne.

The Sicknesses and Diseases of this Quarter, are Feuers Pestilence, Iaundies, Agues, paine in the Head and Belly, &c.

Of the fourth part of the Yeere, called Autumne or Harueſt.

As Autumne steales the sappe from Tree and Flower
So Death comes creeping neerer euery houre.

Sol in Libra, Scorpio, Sagitarij.

AVtumne, or Harbest, (commonly called the fall of the Leafe) begimneth when the Sun entereth into the first de gree of Libra, which is vpon Sunday the xiii. of September and endeth vpon Saturday the xii. of December: where he m keth the second Equinoctiall, in which time hee runneth h passage through these three Autumnall Signes, Libra, Sco pio. Sagitari.

The vsuall condition of this Quarter is to be cold and dr participating most of the Melancholy Complexion, wh Humor doth chiefely governe from ix. of the Clocke in t Morning, till 3. in the afternoone. The dayes are now aga equally ballanced with the nights; the Grasse is mowed, Co reaped, Fruites gathered, and the painefull Husband-man r peth the profit of his forepassed labours: Now doeth the Ea loose the beautie of her former glorie, Flowers fade, Leanes fall, Floods increase, and all Creatures loose their form strength & vigour, and the most part of sensible Creatures se

helter against the stormie ensuing Winter: Of all the o-
Quarters of the yeare this is the most vnwholsome, bree-
diseases of diuers kinds in our bodies; therefore beware of
morning and euening cold, & vse such things as are of a hot
moist quality: It is now a time (if need require) to Purge,
h, and Bleed: Autumne being ouerwet putrifieth Grapes,
king bad Wines, and scarcity of Fruit.

he diseases and sicknesses of this Quarter are many, as these
e like; the Stone, paine in the Backe and Kidnies, fore
s, Melancholy, Falling-sicknesse, Agues, Fluxes of Blood,
ulaes, Emrods, Spleene, &c.

f the meeting of the Planets with e Moone in each Moneth for this yeare, wherebyyou may learne to know them *and their motion from the fixed Starres:* Also the disposition of the weather for every Quarter of the Moone *for this Yeare,* 1640.

Ianuary.

he 7. day Mars
he 9. day Iupiter and Venus
he 13. day Saturne and Mercuri
} is neere the Moone.

st Quarter on Sunday the fift day, at xi. of the clocke
ght, wet weather.

w Moone on Munday the xiii. day, at one of the clocke
morning, cold, raine or snow.

st Quarter on Tuesday the xxi. day, 30. min. past vii. of
cke in the Morning, Windy.

ll Moone on Tuesday the xxviii. day, 10. min. after 2.
clocke in the afternoone, Cloudy.

February.

The 5. day Mars
The 6. day Iupiter
The 7. day Venus
The 8. day Mercuri
The 10. day Saturne
} is with the Moon

Last Quarter on Tuesday the iiii. day, 40. min. after viii the clocke in the morning, Raine.

New Moone on Tuesday the xi. day, halfe an houre a v. of the clocke in the evening, faire weather.

First Quarter on Wednesday the xix. day, at ix. of the clo at night, Windy.

Full Moone on Friday the xxviii. day, at one of the clo in the morning, some alteration of weather.

March.

The 4. day Mars
The 5. day Iupiter
The 8. day Saturne & Venus
The 10. day Mercuri
} is with the Moone.

Last Quarter on Wednesday the iv. day, 49. min. pas of the clocke in the afternoone, frosts.

New Moone on Thursday the xii. day, 40. min. past the clocke before noone, faire.

First Quarter on Thursday the xix. day, 46. min. pas of the clocke after noone, windy and wet.

Full Moone on Friday the xxvii. day, 20. min. after of the clocke in the morning, faire weather.

April.

The 1. day Iupiter
The 2. day Mars
The 5. day Saturne
The 7. day Venus
The 11. day Mercuri
The 27 day. Iupiter
} is with the Moone.

Last Quarter on Friday the iii. day, at iii. of the in the morning.

New Moone on Saturday the xi. day, 44. min. past the clocke in the morning, Cloudy.

First Quarter on Sunday the xix. day, 43. min. past ii. of the clocke in the morning, wet.

Full Moone on Saturday the xxvi. day, 12. min. past vi. in the Euening, Raine.

May.

The 1. day Mars
The 2. day Saturne
The 7. day Venus
The 11. day Mercuri
The 26. day Iupiter
The 29. day Mars
The 30. day Saturne
} is with the Moone.

Last Quarter on Saturday the ii. day 9. min. past iiii. of the clocke in the afternoone, Windy.

New Moone on Sunday the i. day, 36. min. after vii. of the clocke in the Euening, Wet.

First Quarter on Munday the xviii. day, halfe an houre past xi. of the clocke at noone, Faire.

Full Moone on Munday the xxv. day, 7. min. after one of the clocke in the morning, Raine.

Iune.

The 6. day Venus & Mercuri
The 22. day Iupiter
The 26 day Saturne & Mars
} is with the Moone

Last Quarter on Munday the first day, 12. min. past vii. of the clocke in the morning, Wet and windy.

New Moone on Tuesday the ix. day, at i. of the clocke the Morning, Cloudy, cold blasts.

First Quarter on Tuesday the xvi. day, at vi. of the clocke the afternoone, Faire.

Full Moone on Munday the xxii. day, halfe an houre past x. of the clocke before noone, Faire.

Last Quarter on Tuesday the xxx. day, 49. min. past xii. of the clocke at midnight, Wet.

Iulie.

The 6. day Venus
The 8. day Mercuri
The 19. day Iupiter
The 21. day Saturne
The 22. day Mars
} is neere the Moone.

New

New Moone on Wednesday the viii. day, 22. min. past x. of the clocke at night, Indifferent.

First Quarter on Wednesday the xv. day, at vi. of the clock before noone, Thunder.

Full Moone on Wednesday the xxii. day, 35. min. past viii. of the clocke in the evening, Wet.

Last Quarter on Thursday the xxx. day, at v. in the afternoone, Stormy.

August.

The 6. day Venus
The 8. day Mercuri
The 15. day Iupiter
The 19. day Mars
The 20. day Saturne
} is neere the Moone.

New Moone on Friday the vii. day, 27. min. past ix. of the clocke in the morning, Cloudy.

First Quarter on Friday the xiv. day, halfe an houre past iii. of the clocke in the morning, Windy.

Full Moone on Friday the xxi. day, 44. min. past viii. of the clocke in the morning, Faire.

Last Quarter on Saturday the xxix. day, 40. minuts past x. of the clocke before noone, Wet.

September.

The 5. day Venus
The 6. day Mercuri
The 11. day Iupiter
The 15. day Mars
The 16. day Saturne
} is neere the Moone.

New Moone on Saturday the v. day, 5. min. past vii. of the clocke at night, Faire.

First Quarter on Saturday the xii. day, 51. min. past x. of the clocke at noone, Indifferent.

Full Moone on Saturday the xix. day, halfe an houre past xii. of the clocke at midnight, Wet.

Last Quarter on Munday the xxviii. day, 40. min. past iii. of the clocke in the morning, Wet.

Octob

October.

The 3. day Mercuri
The 5. day Venus
The 9. day Iupiter
The 13. Saturne and Mars
} is neere the Moone.

New Moone on Munday the 5. day, halfe an houre after of the clocke in the morning, Faire.
First Quarter on Sunday the xi. day, halfe an houre after of the clocke at night, Wet.
Full Moone on Munday the xix. day, 41. min. past iiii of clocke in the afternoone, Faire.
Last Quarter on Tuesday the xxvii. day, 18. min. after of the clocke at night, Indifferent.

Nouember.

The 3. day Mercuri
The 4. day Venus
The 6. day Iupiter
The 11. day Mars
The 10. day Saturne
} is neere the Moone.

New Moone on Tuesday the iii. day, at ii. of the clocke rnoone, Cold raine.
First Quarter on Tuesday the x. day, at 40. min. past x. of clocke in the morning, Frost.
Full Moone on Wednesday the xviii. day, xi of the clocke ne noone, Faire.
Last Quarter on Thursday the xxvi. day, at ix. of the clock night, Reasonable.

December.

The 2. day Mercuri
The 4. day Iupiter & Venus
The 7. day Saturne
The 9. day Mars
} is neere the Moone.

New Moone on Thursday the iii. day, halfe an houre be- ons of the clocke in the morning, Frost.
First Quarter on Thursday the x. day, 43. min. past one of clocke in the morning, Faire.

Full

Full Moone on Friday the 14th. day at vi. of the clock in the morning, Windy and wet.

Last Quarter on Friday the 21st. day, at iii. of the clock in the morning, Sleet or Snow.

There vvill be no Eclipse of the Sunne or Moone this yeare.

Of the seuerall Conquests of ENGLAND.

Of Ilands *England* was the greatest Ile,
by *Iulius Cæsar* first of Romans knowne;
By Frenchmen next it was possest a while,
by *Claudius Cæsar* they were overthrowne,
To whom, though they allegeance due did yeeld,
yet still their Lawes and Customes they retain'd,
Though they by Strangers then were foild in Field,
to beare a Strangers yoake yet they disdain'd.
Amongst all Ilands *England* was the first,
that entertaind the Gospell of the Lord,
Till *Diocleſian* for blood did thirst,
on all that to this Doctrine did accord.
This land by *French-men* and by *Scots* oppreſt,
the *Saxons* ayded it, and it enioy'd,
Till *Danes* did vanquish them, and it possest,
who by the former People were destroy'd:
And ever since, the Noble *Normans* race
fiue hundred seventy two yeares haue remain'd,
No Forreigne powers their Kingdome could deface,
such stout victorious Kings of them haue raign'd.
Heavens keepe our royall King, her Majestie,
And ever bleſſe their Royall Progenie.

...e beginning, continuance, and ending ...he Kings reignes since the Conquest, with ...the time how long it is since, to this Yeare 1640.

Being fit for Scriueners, and such as are imployed in Law causes.

Kings nes.	Began his reigne.	Reigned yeers.	moneth.	daies	Since their Reignes began.
Conq.	1066 Octob. 14	20	11	22	573 Octob. 14
Rufus	1087 Septem. 9	12	11	19	553 Septem. 9
y 1	1100 August. 1	35	4	11	539 August 1
en	1135 Decem. 2	18	11	19	505 Decemb. 2
y 2	1154 Octo. 25	34	9	2	486 Octob. 25
rd 1	1189 July 6	9	9	22	451 July 6
	1199 April 6	17	7	0	441 April 6
y 3	1216 Octob. 19	56	1	0	424 Octob. 19
rd 1	1272 Nouē. 16	34	8	9	370 Nouem. 16
rd 2	1307 July 7	19	7	6	332 July 7
rd 3	1326 Ianua. 25	50	5	7	314 January 25
rd 2	1377 Iune 21	22	3	16	263 Iune 21
y 4	1399 Septe. 29	13	6	5	241 Septem. 29
y 5	1412 March 20	9	5	24	228 March 20
y 6	1422 August. 31	38	6	18	218 August 31
rd 4	1460 March 4	12	1	8	180 March 4
rd 5	1483 April 9	0	2	18	157 April 9
rd 3	1483 Iune. 22	2	2	5	157 Iune 22
y 7	1485 August. 22	23	8	19	155 August 22
y 8	1509 April. 22	27	10	2	131 April 22
rd 6	1546 Ianua. 28	6	5	19	94 January 28
	1553 July 6	5	4	22	87 July 6
cem.	1558 Nouē. 17	44	4	15	82 Nouem. 17
nes.	1602 March. 24	22	0	3	38 March 24

arles. 1625. Mar. 27. After which, writing 16. yeares.

The explanation of the former Table.

NOte that euery King began his raigne, the same time the next precedent King ended his.

If you desire to know how long it is since the beginning of raigne of any King, looke how long it is since the ending of precedent King, and there you shall finde your request.

As for example: If you would know when King Henry began his raigne, how long he raigned, and also how long since his raigne: find out first his name amongst the names Kings, and searching the row towards the right hand, you finde he began his raign in the year 1509 the 22 of April, the title of the time that he raigned, is 37 yeares, 10 mon and 2 days: And looking forward in the same rowe, whe 131 yeares April 22 vnder the title of since his raigne beg

How to iudge what Weather will follow, by the rising and setting of the Sunne.

THe Sunne rising bright and cleare, signifieth a pleasant If he rise fiery red, it promiseth raine: If in his rising he thinly ouercast with a cloud, it betokeneth foule weather: Sun driue the clouds before him into the West, it signifieth weather: If at his rising there appeare a circle about him, nisheth away equally, it betokeneth fair weather. Also, if he se red, it signifieth faire weather: If at his setting he be of diuer lours, or clouds like water, it threatneth raine. If at the risi the Sun, his beames seeme red, or long, or incompassed with clouds, it signifieth great windes: If at his setting there appe thicke myst, or if it raineth in the euening, it threatneth very weather to follow. Also, if the Sunne beames be spotted greene, pale, or blacke, gathered to a cloud, it signifieth raine. Sun setting cleare without any cloud, signifieth a faire nig ensue. If the circle, or circles about the Sun be cleare, of no tinuance, looke for faire weather: If there be many circles, nifieth windes: the redder they are, the more vehement win the circles are heere and there broken, and are thicke and bl looke for cold wind or snow: Or, if he settle behinde a great cloud, raine followeth.

How weather is foreknowne by the Moone.

f the Moone in the third day of her change, or three daies before e full, or in the midst of the quarter, be found of pure light, no- g encompassing her, the ends direct vp, shee prognosticth fayre ather: but bent to red colour, prouoketh winds. The Moon pale, ewhat blacke or thicke, threatneth raine. When the Moone e dayes olde, marke the tips of her hornes, if they be blunt, it ifieth raine: if sharpe pointed and pricking vpwards, great ns. If in the fourth day after her change, she haue a red circle r her, it signifieth winds and raine.

Of the iudgement of the weather by the Starrs.

he Starres appeare of much light, and seeme to be of more mall & blazing then ordinary, it betokeneth great windes & ure in that part where they seeme so: and in Winter, great ds. When diuine Starres appeare with long fiery tayles, it neth winds, and great drought: the more in number, the grea- all be the effect. Also, when Starres seeme to shoot or fall, it ifieth great winds in that place: If they seeme to shoot in diuers s, it signifieth diuers winds: If in all places, winds, thunder, ning, and most tempestuous weather.

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hort Instruction, and very necessarie to know *he times and seasons when to Sow, and replant* all maner of Seedes for the Garden.

o Cabbages in February, March, or April, in the Wane of the Moone: and replant them in the Decreake.

o Cabbage-Lettuse in February, March, or July, in the of the Moone.

Onions & Leekes, in February or March, at the Wane of Moone.

Beetes in February or March, at a full Moone.

Sow

Sow Colewoits white & greene, in the middle of August or S
tember: Plant the young ones in October, and sett them ag
in November.

Sow Parneps in Februarie, Aprill, or June, in a fayre day.

Sow Radish in Februarie, Aprill, or June, in the increase of
Moone.

Sow Pumpions, Cowcumbers, Melons, and Gourdes, in
bruary, March, or June, in a hoete and fayre day.

Sow Spinage in Februarie or March, in the old of the Mo

Sow Parsely, Fennell, and Annis-seede, in Februarie or Ma
at the full of the Moone.

Sow white Cicory in Februarie, March, July, or August, in a
Moone.

Sow Cardus-benedictus in Februarie, March, or May, when
Moone is old.

Sow Basill in March, in an old Moone.

Sow Purslaine in Februarie, or March, in ỹ increase of ỹ moo

Sow Margeram, Violets, Time, Flower-gentle, Rosemary
Lauender, in Februarie, March, or Aprill, at the increase of
Moone.

Sow Garden-cresses, and Rocket, in Februarie, at the increase

Sow Sauill in Februarie or March, at a new Moone.

Sow Coziander, and Borage, in Februarie or March, at
Moones increase.

Sowe Harts-horne, and Samphire, in Februarie, March,
Aprill, at an old Moone.

Sow Gilliflowers, Hearts-ease, and Wall-flowers, in Ma
or Aprill, in an old Moone.

Sow Cardus, and Artichokes, in March or Aprill, when
Moone is old

Sow Chick weed, in Februarie or March, at the full of
Moone.

Sow Burnet in Februarie or March, at an old Moone.

Sow Hisop and Sauery in March, when the Moone is old

Sow double Marigolds in Februarie or March, at the incre
of the Moone.

Sow Larkes-foote, Sparges, and Sperage, in Februarie
an old Moone.

Sow white Poppy, and Palma-Christi in February or March, at the increase of the Moone.

Sow all manner of Corne the Moone increasing, she being in Cancer, Libra, or Aquarius.

Set or sow all kind of Seeds the Moone in Aries, Taurus, Cancer, Virgo, Libra, Capricorne, Aquarius, or Pisces: but those Seedes whose Rootes are round, should be sowne three or foure dayes before, or after the full Moone.

Certaine and short Rules, for the comforting of the chiefe officiall Members of the Body of Man.

Things which are good to comfort the Head.

Lignum-Aloes, Marioram, Galingale, Muske, Rosemary, Roses, Cammomell, Rue, Frankincence, Nutmegs, Mirrh, Balme, Mints, Spike, and Gladen.

Things good for the Eyes.

Fennell, Veruen, Cloues, Cold water, Celendine, Eybright, Roses, and Agrimony.

Things good for the Stomacke.

Nutmegs, Cloues, Diptanum, Coxall, Saffron, Quinces, Woormewood, Olibanum, Agrimony, Fennetor, Mallicke, Lignum-Aloes, Spodium, and Coriander prepared.

Thinges good for the Heart.

Saffron, Cloues, Sinamon, Mace, Nutmegs, Marioram, Burage, Bugloss, Rosemary, Mirabolanes, Pearles, Lignum-Aloes, Coxall, Muske, and Setwell.

Things good for the Liuer.

Liuerwort, great Raysons, Woormewood, Agrimony, Saffron, Cloues, Endiue, Violets, Fennell, Plantine, Dragons, Rose water, Lettuce, Violets, Sanders.

Things good for the Lungs.

Liquis, Raisons, Almonds, Dates, Lungwort, Maydenhaire, Elecampane, Dates, and Penedes.

Things hurtfull for the Body.

Meates hurtfull to the Teeth.

NUttes, Meates very hot, Warme drinke, Sweete meates and drinkes, Radiſh rootes, Hard meates, Bitter meates, Milke, much Vomiting, Leekes, Fatte of Fiſh, Colworts, & Limmons.

Things hurtfull to the Eyes.

Garlicke, Onions, Radiſh, Drunkennelſe, Letcherie, ſweete and thicke Wines, Salt meates, Colewoorts, all Pulſe, Muſt, Wine Duſt, Smoake, Fire, and reading preſently after ſupper.

Rules of Menſuration.

A Fingers bredth is foure Barly cornes in thicknes; and an Inch three Barly cornes in length: A hands bredth foure fingers A ſpan is three hands bredth: A foot is foure hands bredth A Geometriall Pace is five foot: an Engliſh Pearch is xvi. foot A Furlong is a hundred & twenty five paces, or ſix hundred twenty and five foot: An Engliſh Furlong is ſixe hundred and threeſcore foot, or a hundred thirtie two paces: A League is a thouſand and five hundred paces: An Italian Mile is a thouſand paces, or eight Furlongs: A common German Mile is thirty two Furlongs. An Engliſh Mile is eight Furlongs: An Acre is foure ſcore Pearches in length, and foure in bredth.

A ſhort Inſtruction for the Table following.

NOte that the firſt Columne or Row, contayneth the Names & number of Shires, the ſecond of Cities, the third of Biſhoprickes, the fourth of Caſtles, &c. Now goe ſtraight in a line and you ſhall eaſily finde the number Alphabetically, aſwell of the Engliſh as for the Welſh ſhires: As for example, Buckinghamſhire hath no Citie, no Biſhoppicke, 11. Market Townes, no Caſtles, 185. Pariſhes, &c.

atalogue of all the Shires, Cities, Bishop-kes, Market-Townes, Castles, Parishes, Riuers, Bridges, Chases, Forrests, and Parkes, conteyned in euery particular Shire in the Kingdome of England.

Shires.	Cities.	Bysshop-rickes.	Market-townes.	Castles.	Parishes.	Riuers.	Bridges.	Chases.	Forrests.	Parkes.
ithire.	0	0	11	2	140	3	7	0	1	13
rd shire.	0	0	10	0	116	1	6	0	0	12
ngham shir.	0	0	11	0	185	2	14	0	0	15
idge shire.	0	1	6	0	163	1	7	0	0	5
ire,	1	1	9	3	68	9	19	0	2	18
all.	1	0	23	6	161	7	31	0	0	9
erland.	0	1	8	15	58	20	33	0	3	84
shire.	0	0	8	4	106	13	21	0	1	33
shire,	1	0	40	3	394	23	106	0	0	22
tshire.	1	0	18	6	248	4	29	1	2	11
m;	0	1	5	4	62	11	20	0	0	26
	1	0	21	1	415	7	28	0	1	19
ster shire.	1	1	20	1	180	12	22	1	2	2
shire.	1	1	18	5	248	4	31	0	4	23
rd shire.	0	1	18	0	120	1	24	0	0	23
ord shire.	0	1	8	7	176	13	11	1	2	8
gton shir.	0	0	5	1	78	1	5	1	1	73
	2	2	17	8	398	6	14	0	0	20
hire	1	0	8	6	36	33	24	0	1	33
r shire	1	0	11	2	200	1	10	0	2	13
he shire	1	1	26	2	630	9	15	0	0	12
ex	2	1	3	0	73	1	3	1	0	4
umton shi.	1	1	11	2	326	5	24	0	3	4
gham shi.	1	0	11	0	168	5	17	0	1	8
mberland	0	0	11	12	40	21	16	0	1	8
ke	1	1	26	0	660	3	15	0	0	0

Shires.	C.	Byſh.	M.T.	C.	Parri.	R	Br.	Ch	For.
Oxford ſhire	1	1	10	0	208	3	26	0	4
Rutland	0	0	2	0	47	0	1	0	0
Shrop ſhire	1	0	13	13	170	18	13	0	7
Somerſet ſhire	3	2	29	1	385	9	45	0	2
Stafford ſhire	1	1	12	5	130	13	19	1	1
Suffolke	0	0	28	1	464	2	32	0	0
Suſſex	1	1	18	1	312	2	10	0	4
Surrie	0	0	7	0	140	1	7	0	1 4
Warwicke ſhire	1	1	12	1	158	7	21	1	0
Weſtmoreland	1	0	4	6	26	8	15	0	2
Wilt ſhire	1	1	21	1	304	5	31	1	9
Worceſter ſhire	1	1	7	3	152	5	13	1	2
Yorke ſhire	1	1	46	14	563	36	62	4	8
Angleſey.	0	0	3	0	83	8	2	0	0
Breckuocſhire.	0	0	3	4	70	27	13	0	0
Cardigan ſhire.	0	0	4	0	77	26	9	0	3 4
Carmarthin ſhire	0	0	6	4	81	20	16	0	1 4
Carnaruan.	0	1	5	3	73	17	6	0	3
Denbigh ſhire.	0	0	3	3	53	24	6	0	0
Flint ſhire.	0	1	3	4	24	4	2	0	0
Glamorgan ſhire	0	1	7	12	151	16	6	0	0
Montgomery ſhi	0	0	5	3	42	28	6	0	0
Monmouth ſhire	0	0	6	7	142	15	14	1	0
Merionidth ſhire	0	0	3	2	34	26	7	0	0
Penbroke ſhire	0	1	6	5	142	6	7	0	2
Radnor ſhire	0	0	4	5	43	13	5	0	0

The Contents, Compas, Length, an *Breadth of* ENGLAND.

Thus much in Miles whole *England* it containes;-34
Thus much in Miles will reach about it round: —
Her length from *Lyzard-point* to *Barwick-ſtraits*—
Twixt *Dover*, & *Holy-head* the breadth is found.—

The ☿ ℞ D is on ☿ 25th of Feb. yet you muſt look ☿ ℞ D in Jan. & count from ☿ to know ☿ D's Age ☿ 15th of F

A Table to know how many Howers and Minutes the Moone shineth euery Night in the Yeare.

The age of the Moone encreasing.	The Houres and Minutes that she shineth.		The age of the Moone decreasing.
☽	*Houres.*	*Minutes.*	☾
1	0	48	29
2	1	36	28
3	2	24	27
4	3	12	26
5	4	0	25
6	4	48	24
7	5	36	23
8	6	24	22
9	7	12	21
10	8	0	20
11	8	48	19
12	9	36	18
13	10	24	17
14	11	12	16
15	12	0	15

The Moones night shining. The Moones morning shining.

The vse of this Table.

SEeke the age of the Moone in the Almanack, then looke the same in this Table, which you shall find either in the increasing or decreasing, and then in the middle Columne you shall without further labour find the time of her shining.

As for Example: Upon the 15 day of January, I would know how many howers & minutes the Moone shineth: I find in the Almanack it is New Moone the 13 day at 1 in the morning, then reckoning from that time to the 13. I finde shee is 2 daies old: Then entring this Table, it sheweth, she shineth 1 hours, and 36 minutes: So doth she likewise when she is 28 daies old, &c.

Times of Mariage prohibited by our Church, unleſſe they haue a Licenſe.

FRom Aduent Sunday (the 1. of December 1639) till the 12. of January.

From after Septuageſima Sunday (being the 2. of February) till the 12. of Aprill.

From Monday before Aſcenſion day (being the 11. of May) till Trinitie Sunday the 31. of June.

The explanation of a new and eaſie Kalender here following, for this preſent Yeare, 1640.

NOte that euery Moneth conteyneth three rowes or Columnes, (the Figures for the number of Dayes excepted) the firſt Columne towards the left hand conteineth the Weeke Daies and Sunday Letter. The ſecond, the Signe wherin the Moone is euery day. And the third, the Changes and Quarters of the Moone. Note that ☽ thus ☽ figured doth ſignifie the new Moone: and placed this ☽ way is the firſt Quarter: This ● the Full Moone; And againe this ☾ the laſt Quarter. Note alſo, that the Figures ouer the head of the Moones, doe ſignifie the houre of her Changes; and the Letters vnderneath, the time after noone, or after midnight, N. ſtanding for after noone till Midnight, and M. for after Midnight till Noone.

As for example, Againſt the 5. day of January, being Sunday, I do finde the Moon in ♎ Libra, and is thus ☾ characteres, which is the laſt Quarter, at 11. of the clock at night.

Againe, on the 28. of Febuary being Tueſday, I doe finde the Moone in ♎ Libra, and is thus ● charactred, which is the Full Moone at 1. of the clocke after midnight.

Note alſo, that at the head of euery Moneth is placed the riſing and ſetting of the Sunne for the middle of euery Moneth. As for example, for the midſt of January the ☉. Sunne riſeth at 7 of the clock, and 43 minutes; and ſetteth at 4 of the clock and 17 minutes, &c.

It alſo conteyneth (on the back ſide of the leafe) for euery Moneth, the Holy-dayes, and Feaſts, both Moueable and Immoueable; with the beginning and ending of euery Terme: As, Twelfeday is on the 6 of January, Eaſter day on the 5. of Aprill: Whitſunday is on the 24 of May; Terme begins on the 23 of January, and endeth the 12 of Febuary, &c.

riefe and easie Kalender for this Yeere 640. which being cut out, is fit to be placed *into any Booke of Accompts, Table-booke, or* other, conteyning the whole Almanacke, in a short method; By *Iohn White.*

uary.	Februa.	March.	Aprill.	May.	Iune.	Iuly.	August.
☉7.43 4.17.	☉6.46 5.14.	☉5.50 6.10.	☉4.51 7.9.	☉4.4. 8.56.	☉3.47 8.13.	☉4.12 7.48.	☉5.4. 6.56.
♌	d ♎	D ♏	g ♑ at	b ♒ at	e ♓ ☾	g ♈	c ♊
♍	E ♎ at	e ♏ at	a ♑ 3	c ♒ ☾	f ♈ at	a ♉	D ♊
♍ at	f ♏ 9	f ♐ 4	b ♑ ☽	D ♓ 4	g ♈ 7	b ♉	e ♋
♎ 11	g ♏ ☾	g ♐ ☾	c ♒ m	e ♓ n	a ♈ m	c ♊	f ♋
♎ ☾	a ♐ m	a ♑ n	D ♒	f ♓	b ♉	D ♊	g ♋ at
♏ n	b ♐	b ♑	e ♓	g ♈	c ♉	e ♊ at	a ♌ 9
♏	c ♑	c ♒	f ♓	a ♈	D ♊ at	f ♋ 10	b ♌ ○
♐	d ♑	D ♒	g ♓	b ♉ at	e ♊ 10	g ♋ ○	c ♍ m
♐	E ♒ at	e ♒	a ♈ at	c ♉ 7	f ♊ ○	a ♌ n	D ♍
♐	f ♒ 5	f ♓ at	b ♈ 4	D ♉ ○	g ♋ m	b ♌	e ♎
♑ at	g ♒ ○	g ♓ 10	c ♉ ○	e ♊ n	a ♋	c ♌	f ♎
E ♑ 1	a ♓ n	a ♈ ☉	D ♉ m	f ♊	b ♌	D ♍	g ♏ at
♒ ○	b ♓	b ♈ m	e ♉	g ♋	c ♌	e ♍ at	a ♏ 3
♒ m	c ♈	c ♈	f ♊	a ♋	D ♍ at	f ♎ 11	b ♐ ☽
♓	d ♈	D ♉	g ♊	b ♋	e ♍ 6	g ♎ ☽	c ♐ m
♓	E ♈	e ♉	a ♋	c ♌ at	f ♎ ☽	a ♏ m	D ♑
♓	f ♉ at	f ♊ at	b ♋ at	D ♌ 12	g ♎ n	b ♏	e ♑
♈	g ♉ 9	g ♊ 2	c ♋ 3	e ♍ ☽	a ♎	c ♐	f ♒
E ♈ at	a ♊ ☽	a ♊ ☽	D ♌ ☽	f ♍ at	b ♏	D ♐	g ♒ at
♉ 7	b ♊ n	b ♋ n	e ♌ m	g ♎ no	c ♏ at	e ♑ at	a ♒ 9
♈ ☽	c ♋	c ♋	f ♍	a ♎	D ♐ 12	f ♑ 8	b ♓ ●
♉ m	d ♋	D ♌	g ♍	b ♏	e ♐ ●	g ♒ ●	c ♓ m
♊	E ♋	e ♌	a ♎	c ♏ at	f ♑ m	a ♒ n	D ♈
♊	f ♌	f ♍	b ♎ at	D ♐ 1	g ♑	b ♒	e ♈
♋	f ♌	g ♍ at	c ♏ 7	e ♐ ●	a ♒	c ♓	f ♈
E ♋ at	g ♍ at	a ♎ 10	D ♏ ●	f ♑ m	b ♒	D ♓	g ♉
♌ 2	a ♍ 1	b ♎ ●	e ♐ m	g ♑	c ♓	e ♈	a ♉ at
♌ ●	b ♎ ●	c ♏ m	f ♐	a ♒	D ♓ at	f ♈ at	b ♊ 11
♌ n	c ♎ m	D ♏	g ♑	b ♒	e ♓ 1	g ♉ 5	c ♊ ☾
♍		e ♐	a ♑	c ♒	f ♈ ☾	a ♉ ☾	D ♊ m
♍		f ♐		D ♓ 1	m	b ♉ n	e ♋

♈. Aries, ♉. Taurus, ♊. Gemini, ♋. Cancer, ♌. Leo, ♍. Virg
♎. Libra, ♏. Scorpio, ♐. Sagittarii, ♑. Capricorne, ♒. Aquarius,
♓. Pisces. The ○ New Moone. The ☽ first Quarter.
The ● Full Moone. The ☾ last Quarter.
And D and E the Sunday Letter.

Day. M.	Septem. ☉ 6. 4 5. 56	Octob. ☉ 7. 3. 5. 57	Noue. ☉ 7. 55 4. 5.	Decem. ☉ 8. 13 3. 47
1	f ♋	a ♏	D ♎ at	f ♏ at
2	g ♌	b ♏	e ♏ 2	g ♐ 2
3	a ♌ at	c ♎ at	f ♏ ○	a ♐ ○
4	b ♍ 7	D ♎ 5	g ♐ n	b ♑ n
5	c ♍ ○	e ♏ ○	a ♐	c ♑
6	D ♎ n	f ♏ m	b ♑	D ♒
7	e ♎	g ♐	c ♑	e ♒
8	f ♏	a ♐	D ♒ at	f ♓ at
9	g ♏	b ♑ at	e ♒ 11	g ♓ 11
10	a ♐ at	c ♑ 7	f ♒ ☽	a ♈ ☽
11	b ♐ 12	D ♒ ☽	g ♓ m	b ♈ m
12	c ♐ ☽	e ♒ n	a ♓	c ♈
13	D ♑ at	f ♓	b ♈	D ♉
14	e ♑ no	g ♓	c ♈	e ♉
15	f ♒	a ♓	D ♉	f ♊
16	g ♒	b ♈	e ♉ at	g ♊ at
17	a ♓ at	c ♈ at	f ♉ 11	a ♊ 11
18	b ♓ 1	D ♉ 5	g ♊ ○	b ♋ ●
19	c ♈ ●	e ♉ ●	a ♊ m	c ♋ m
20	D ♈ m	f ♉ n	b ♊	D ♌
21	e ♉	g ♊	c ♋	e ♌
22	f ♉	a ♊	D ♋	f ♌
23	g ♉	b ♋	e ♌	g ♍
24	a ♊	c ♋	f ♌ at	a ♍ at
25	b ♊	D ♋ at	g ♍ 9	b ♎ 9
26	c ♋ at	e ♌ 6	a ♍ ☾	c ♎ ☾
27	D ♋ 4	f ♌ ☾	b ♍ n	D ♏ n
28	e ♌ ☾	g ♍ n	c ♎	e ♏
29	f ♌ m	a ♍	D ♎	f ♐
30	g ♌	b ♍	e ♏	g ♐
31		c ♎		a ♑

The Feasts Mooueable and
mooueable: With the Termes,

Ianuary.
New yeers day 1.
Twelfe day 6.
Terme begin. 23.

February.
Parif. of Mary, 2.
Terme ends, 12.
Shroue sund. 16.
S. Mathias, 25.

March.
Anun. of Mary, 25
Init. Reg. Car. 27

Aprill.
Easter day, 5.
Terme begin. 22.
Mark Euan. 25.

May.
Phil. & Iacob, 1.
Rogation sun. 10
Ascension day. 14.
Terme ends, 18
Whitsunday. 24

Iune.
Term begins. 5
S. Iohn Bap. 24.
Peter Apost. 29.
Terme ends, 24.

Iuly.
Dog dai. begi
S. Iames Apo

August.
Barthol. Ap.
Dog da. end,

September
Mathew Apo.
Michael Arch

October.
Terme begi
Luke Euang
Simon & Iud

Nouemb
All Sa
Powder
Nat. of K. C
Terme ends
Advent Su
S. Andrew A

Decemb
S. Tho. A
Christmas
S. Stephen
S. Iohn,
Innocents

FINI